

Are you looking for ways to be and stay active?



Check out getmoving.vermont.gov



- Tools to get you started and keep you moving
- Online physical activity tracker
- E-tools to create personal routing maps
- Ways to have fun on your own or with others

Log on, set a goal and start tracking today!



Join our Spring 2010 Challenge!
April 12-July 5th

*The Hills are Alive with Vermonters Walking:
Vermont Mountain Peaks*

Register*, log in and track your activity!

Questions: DHR-EmpWellness@state.vt.us or 802-241-1535

*If you registered before, you are all set!

